



Seared Tuna with Avocado Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 2 avocados diced peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar dark
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup grape tomatoes halved
- ☐ 1 jalapeno seeded finely chopped

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.4 teaspoon salt

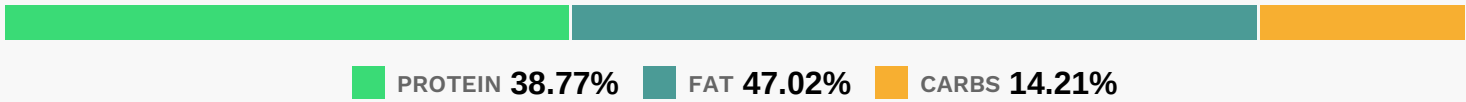
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 9 ingredients in a medium bowl.
- ☐ Combine soy sauce and brown sugar in a small bowl, stirring until brown sugar dissolves. Reserve 1 tablespoon soy sauce mixture.
- ☐ Heat a grill pan over high heat. Coat pan evenly with cooking spray.
- ☐ Add steaks to pan; cook 2 minutes on each side or until desired degree of doneness, basting steaks frequently with soy mixture.
- ☐ Remove steaks from grill pan; drizzle with reserved 1 tablespoon soy mixture.
- ☐ Serve fish with salsa.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:39.230869376141%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 438.43kcal (21.92%), Fat: 23.26g (35.79%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 8.02g (2.92%), Sugar: 4.76g (5.29%), Cholesterol: 64.64mg (21.55%), Sodium: 583.31mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.9µg (89.86%), Vitamin A: 4233.87IU (84.68%), Vitamin B3: 16.88mg (84.39%), Vitamin D: 9.7µg (64.64%), Vitamin B6: 1.14mg (56.85%), Phosphorus: 517.2mg (51.72%), Vitamin B2: 0.6mg (35.03%), Vitamin B1: 0.51mg (34.01%), Vitamin B5: 3.31mg (33.09%), Magnesium: 128mg (32%), Fiber: 7.81g (31.23%), Potassium: 1092.77mg (31.22%), Vitamin C: 23.58mg (28.59%), Vitamin E: 4.17mg (27.82%), Vitamin K: 26.18µg (24.94%), Folate: 99.7µg (24.93%), Copper: 0.38mg (19.21%), Manganese: 0.34mg (16.76%), Iron: 2.63mg (14.58%), Zinc: 1.86mg (12.39%), Calcium: 43.68mg (4.37%)